TIMES DAILY MAGAZINE PAGE FOR EVERYONE

War-Like Names of Styles Show Effect of European Conflict on Dame Fashion

"Triple Entente," "Alberte," and "Tipperary" Cloth Are a Few of the New Names for Old Friends in the Latest Roster of Fashion.

By MARGARET MASON.

It will be quite the go In a sport coat for little Mary. Or the swellest girl you know. Goodby to tweed and homespun, Goodby for fair

There's a new cloth called Tipperary, And it's smari to wear. NEW YORK, Feb. 5.-Everybody 's singing the praises of a new fabric for sport costs and suits called Tipperary

cloth. Everybody also who is anybody when it comes to the clothes, line of d'stinction is preparing to make herself The answer is that it is quite the thin; to name new colors, new fabrics, and

new models this year by some name closely allied to the allies or at least | kit.

Mary looked at my lunch with lifted

the hores. I expected Mary to break

to believe I was asleep, and tiptoed

tidiculously around the room, taking

off her hat and veil.

I decided to open my eyes. Mary, busy with her veil, was quite unaware

that I had awakened.
"Where have you been?" I asked,
maily, and though I tried to keep a
hint of displeasure out of my voice I

Oh." said Mary, "are you awake, Peter?"

Mary Scores Swiftly.

"What in the world are you talking

about?" interrupted Mary, her eyes wide

fish of you to go off like that and leave me alone all morning. That's precisely what I mean and nothing else."

the rilence. She didn't. She professed

tial sleeves Indeed all the gold braid and brass buttons and gold fringes that have been cast aside in modern warfare in favor of the inconspicious khaki attire, seems of the inconspicious khaki attire, seems to have been snatched up by the dress-makers and designers and turned to shining acctunt on the frocks and turbelows of the ladies. Fringe in particular, gold or siver, is very smart edging ruttles and even the extreme edges of the full skirts themselves. Military sashes fringed with gold are a dashing touch to many an afternoon frock. One cadet blue gabardine model with gold braid frogs up the front actually had sprouted gold-fringed epaulets. It looks as if you needn't be surprised soon to discover sabers and rifles as part of milady's vanity kit.

"Tripple Entente" is the striking title for one new model and "Alberte" is a fetching tribute to the Belgian King, in old blue velvet striped chiffon over an old gold slip.

Consequence of the war.

Since Paris has put a ban on all heatic hues, violet and gray are the two hues, violet and gray are the two hues, violet and gray are the two hues, violet and gray of the morning dove and the sadness of velvet so akin to the somber black now perforce are worn by almost all the charming

fetching tribute to the Belgian King. In old blue velvet striped chiffon over an old gold slip.

Cossack and Russian flaring skirts and coats still prevail, and also the trig little khuki Tominy Atkins suit, but its sand-colored "chieness" is becoming almost as legion as the sands of the desert.

It seems that the heads of the fair ones more than their hearts are progerman, for the helmet effects in Chapeaux are still to the fore, and many are the straw ones leading the fashionable sortic of an onrushing spring bonnet.

Russian peasant dresses have proved the inspiration for an elaborate evening gown shown by Louise. It is developed in sage green corded silk and has the tight fitting peasant bodice cut out with a square decollette and laced up the sides aware at the same with a stray oney.

with a square decollette and laced up the sides under the arms with gold cord. The skirt is full and has the semblance of an apron worked out in heavy gold embroidery.

Military effects have also invaded the ranks of the evening gowns, and a saucy little model of midnight blue chiffon has its full skirt braided in gold around the deep hem and up the front, and the tight bodice has gold (Copyright by Newspaper Feature Service.)

According to Mr. and Mrs. Vernon Castle The Gavotte Is Danced Like This



Second position. Rock back on the other foot for two beats.

The Beautiful Gavotte, One of the Most Simple of Dances, Has Been Modernized for Its Presentation in the Ballroom of Today.

chased in any music store, and you

Where Mary Went.

ARY appeared at 1, looking rosy and radiant. I felt that she was keyed to a pitch that only dignified silence could wherefore I lay still and closed s. I knew without seeing that Described by VERNON CASTLE like to spend-I should say it had been was Mademoiselle Paylowa who brows.

I find that a nervous impatience will have Mary score so unexpectedly. What drive most women to take the bull by she said was true, but I didn't care for has shown this generation how beautiful the gavotte really is, and in doing so she has proved the value of simplicity in dancing. A Wonderful Morning. I have not yet, however, seen it "You're just like every other man, generally danced in the ball room, said Mary with an assurance that mystithe reason for which I feel may be fied me-for Mary isn't, as a rule, given that, as taught. It has not been sufto analyzation or a ready expression of ficiently modernized for the bail when she is-"you growl and growl room. It is with this end in view, when a woman pets and fusses over therefore, that I make my humble you, and you say you don't like it, and effort to teach, and my appeal to all the time you're-you're quite mad you to dance, the new gavotte. The about it. It-it fosters your lord of music for the gavotte can be pur-

body takes you at your word and leaves will find scores of selections from which to choose. you to your-your old peace and quiet. "The Glow Worm" Best Music. The most popular modern piece of music, and probably the easiest to learn the dance by, is "The Glow Worm." My wife and I, on our remy inquiries, and-and I was much too astonished and nettled cent tour, used the "Norwegian

Dances, by Grieg.

with astonishment.
"I mean," said I, showing my hand a sany mere man will if he's goaded chough, "that I consider it darned selects of you to go off like that and leave me alone all morning. That's precisely what I mean and nothing else."

"Mary." I said, "where in heaven's name have you been to a bureat of argument against men—gathering material?"
"Why?" asked Mary, answering, wem-wise, and human misses and human misses and human misses and human misses. You commence the modern gavotte by rocking forward, the lady on her right foot, the gentleman on his left. for two beats. You will notice that fan-wise and human-wise, a question hat I mean and nothing else.

Mary sat down helplessly and stared with a question.

and I was not sure but what | "Because," I said, "all you've said is the gentleman holds each of the Mary sat down helplessly and stared with a question.

at me, and I was not sure but what i "Because," I said, "all you've said is there was a grain of histrionic zeal in suspiciously glib. It simply fell off your the act.

"And after you practically said that I was a nuisance and a pest—"

"I said nothing of the sort, Mary, and you know it. You're merely throwing a "Motoring." My cause of grievance redoubled in an instant. "With whom?"

"High Jaynes" said Mary. "Hers Jaynes" said Mary. "High Jaynes" said Mary." lady's hands in h's very lightly, and never at any time throughout the dance is his arm around her waist. For the gavotte there are eight beats to the measure. After rocking forward for two beats, then you "There's no earthly reason," said my a wonderful morning." rock backward on the other foot for two beats. After that you take three walking steps forward for three beats and pause for the last and eighth beat-ready to commence the step agein. If this is gone over carefully you will have no difficulty in grasping what the step is, and this is really the only step in the modern gavotte. It will be noticed

> do the counting this way: one and two and one two three and The Second Step.

that there are only five steps to

eight beats of music, and you can

The second step is practically the same as the first; in fact the lady's part is exactly the same, and the gentlemar turns in front of her and does the same step backward. After eight or sixteen beats the stead of directly in front.

Grieg, and "The Glow Worm," Two of the Pieces of Music to Which Ga-votte Can Be Danced.

Danced.

Are internal baths good for constination.

Lapply to the skin each night calamine, 2½ drams; zinc oxide, 2 drams; who have acne on their face, neck and shoulders. What can you suggest as a lime water and rose water, enough to make 2 ounces.

21 do not advise internal bathing. Green vegetables, fresh fruits, oatmeal, shredded wheat, cereals, fish, poultry, saladed wheat, cereals, fish, poultry, saladed, figs, pruns, dates, ginger bread, three quarts of distilled water daily, olive oil, and charcoal, and one teaspoonful full of milk of magnesia before meals, is a much better remedy. You should exercise more and massage to be prettiest positions of all. This ten is the same, with the additional.

Next step gentleman still faces lady,

but his position is at the side in-

step is the same, with the additiona fact that you can turn independent of each other after taking eight leats forward and eight beats back ward, and continue the step in the same direction, eight beats forward and eight beats backward.

The Last Step.

We now come to the last step, which is a trifle different from the others, masmuch as, instead of rocking backward and forward, you take two slow stops forward, then three the gentleman remains in one posiand the bady, releasing his band, walks completely around him-taking two slow steps forward and three fast steps for sixteen beats.

Sixteenth Beat Completes Circle. At the end of the sixteenth beat you will find that you have made a complete circle, and that you are an a position facing the gentleman, tendy to commence again, either at the beginning of the dance or at whatever step you wish to repeat. At the end of the dance, the bow is not so low and sweeping as in the olden times. (Next article, 'The Castle Tango' o appear Monday week, February

(Copyright, 1914, Otis F. Wood.)

Too High Blood Pressure Is Best Reduced By Sleep, Fresh Air, and Mild Diet

By DR. LEONARD KEENE HIRSHBERG.

ANY modern cities nowadays, in preparation for great fires, have what is known as a high pressure system of water pipes. In these underground tubes, water is always kept under great pressure by a system of machines and pumps at a pumping station some distance away. If the pumps cease at any moment to work, the pressure of water in the state of the state nent to work, the pressure of water in them falls. Should an emergency then occur, such as some serious confiagration over a large city area, extensive damage would follow.

When the human machine begins to When the human machine begins to develop within its pipes—the arteries and veins—a high pressure system of its own, the whole human economy undergoes a change to meet the new state of affairs. In infancy, childhood, youth, and placid middle life, if no accidents, maladies, or inherited disorder intervenc, the vital stream as it is gently pumped forth from the muscular bag called a heart receives only so much impetus, push, and squeeze—called pressure—as is necessary to drive the blood from the tiny arteries at the most disfrom the tiny arteries at the most dis-tant points into the capillaries and veins. Thence the veins squeeze it on-ward upon its return voyage to the

sure—as is necessary to drive the blood from the tiny arteries at the most distant points into the capillaries and veins. Thence the veins squeeze it onward upon its return voyage to the heart.

Short Strains Worst.

At all times in a living mammal this normal blood pressure is maintained by the heat and work of the heart, the tone and elasticity of the veins and arteries, the amount of blood present, its thinness or thickness, and the resistance of the tiny arterioles and venules in the skin. If the slightest disorder, instability or lack of equalizing balance clakes place in any of the half-dozen elements which are concerned with normal blood pressure, that pressure at once goes either higher or lower than that of average good health.

In the suprarenal glands exhibits this "hypotension." Sugar disease, diabetes, coma of epilepsy, diphtheria, typhold fever, wasting maiadies, choletes, coma of epilepsy, diphtheria, the tiny arterioles and venules in the skin. If the slightest disorder, instability or lack of equalizing balance takes place in any of the half-dozen elements which are concerned with normal blood pressure, that pressure at the medicines that doctors may use to lower a high blood pressure are vasotonin, mannitol hexanitrate, agurin, crystherical than the concerned with normal blood pressure, that pressure at the venules, arterioles and others which cause the venules, arterioles and the resistance of the underlying cause.

be almost as bad.

In healthful men and women who indulge in violent exercise a high blood pressure is always to be found. At the conclusion of gymnastics or any kind of sustained muscular work, and, for some time afterward, the blood pressure remains abnormally high.

Principles of Reduction.

Exhaustive athletics, dancing or gym nastics is then punctuated with subnormally low blood pressure. The more the exertion, the lower is the pressure If this "negative phase," as physical directors are wont to call it, lasts for more than an hour or two, it means that you have no business to engage in such strenous muscular endeavors. Ex-

the tiny arterioles and venules in the skin. If the slightest disorder, instability or lack of equalizing balance takes place in any of the half-dozen elements which are concerned with normal blood pressure, that pressure at once goes either higher or lower than that of average good health.

The disturbances of blood pressure which accompany and follow herdened, limy arteries, the microbic maladies and overeating are unquestionably exceeded by the number which exercise, muscular work and athletic pursuits chtail.

This is the heyday of gymnastics, field sports and athletics. Since psychologists discovered that man learns more from his muscles than from all the other of his celebrated five senses, the

Answers to Health Questions

11 D. B.-1. What shall I do for a Dropey occurs in twenty different distry, rough, scaly skin, especially on my cases, each has a different remedy.

Constination.

Mrs. A. E. B.-T. beautiful distribution.

W. A. L -l. Can you give me a cure

2 Is chewing tobacco harmful to the

1. You should eat figs. apples, oat-1. You should eat use, meal, shredded wheat, cereals, dates, currants, oranges, apples, stewed pears, cabbage, spinach, green vegetables, clear soups, and drink two salads, clear soups, and drink two glasses of distilled water half an hour before each meal. Also take olive oll and charcoal. Take one teaspoonful of fulls of magnesia before meals. Sleep in a well ventilated room, and get plenty of exercise in the fresh air.

2. Tobacco in any form is more or grains of existe of magnesia before meals and six charcoal tablets after.

L. M. W.-1. Would cutting eye and stomach teeth make a child look pale. have a coated tongue continually and refuse to eat? 2. Can you suggest something for me to give him to make him eat? He is twenty-two months old, and does not sleep or eat. 3. How would 1 with the same thing, if you forget about the same thing, if you forget about the same thing, if you forget about the same thing. know if he had worms? 4. Is there a it, it will give you no trouble cure for them? 5. What do you think
of — tonic for him?

L. W.—What forms of exercise

4. They are easily cured.
5. He needs mixed

y are easily cured.
needs mixed foods and water, move. A long article on will appear in due course. not medicines.

*H. J. R.—1. Pease give me a remedy for laryngitis? 2. What are the indications for the disease know as "thrush?"

3. Will chiropratic treatment help me in chronic appendicitis? 4. What is good for dropsy in the early stages?

1. Alcohol and cold applications on the stide of the neck will relieve you. You should also have local treatment to the inside of the throat. 2. A white scum on the tongue. It is a mold which requires surgical treatment. 3. Almost any kind of treatment helps a little. 4.

since. What would you advise ter constitution? I have headaches every day unless always taking medicine.

Electricity, massage and gymnastic exercises will help a great deal. Also keep up the bicycle riding.

A Constant Reader-1. What is a simple cure for the tobacco habit? ? What can I do for indigestion?

1. Objectic of tannin may be applied to the gums. You may also they gum

E. P. M. S.-What can I do for crust-ed cyclids, my cycs get inflamed very casily?

You may apply ammoniated mercury continent. 6 grains to the ½ ounce of vaseline to the cyclids.

cure for them? 5. What do you think of — tonic for him?

1. No, it would not.

2. He needs spinach, green vegetables, fruit juice, sunlight and fresh air and to go to sleep at 6 p. m.

3. You would find them. He has no worms.

4. They are easily cured.

5. He needs mixed foods and water, not method to go to sleep at 6 p. m.

words are easily cured.

5. He needs mixed foods and water, not method to go to sleep at 6 p. m.

Wilst and other joints constantly on the move. A long article on this subject will appear in due course.

Times Daily Editorial for Women

yard and forward rock and three

walking steps) you cannot you well

still facing the bady, but his po-

sition is at the buly's side instead

The bow at the end of the dance is not as low and sweeping as in olden

Fo Wrong

gentleman can so forward and the

lady backward, the gentleman guid-

ing the lady with a slight pressure

of the hands, and, as long as you

remember that all the steps are

VERY young mother thinks she is the wisest woman in all the world, and that she knows more about babica than her mother ever did. Her husband stands up for her valiantly, and together they arm themselves, re-trench themselves with the latest scientific volumes on bables, the meantime lamenting the back-woodsy way of grandmother. There is just one thing that the mother of one (the first one) lorgets when she refuses the advice of the mother of six, She forgets that neither golf, nor

swimming, nor any other thing in the world can be learned and put into actual practice exactly as THE BOOK SAYS IT DOES. She forgets, in other words, that beteween ac-ually being a mother and learing be a mother there is a wide gulf.

are to be supplemented and inter-preted according to the individuality of the thing about which they are or the thing about which they are made. Now, when the thing one tries rules upon has much individuality, corresponding changes must be made in order to satisfy the beculiar traits which differ from the standard for which rules were originally made. mally made.

When the thing about which the when the talk about which the rules and book talk were made as a baby. Is an individual, great changes must be made. Rules and regulations become mere precautionary measures, and the petuliar individuality of the child dictates as to the administration of fundamentals.

So when book-taught mother of one, obeys, rules as if they were gospel, and, for instance, never picks sospet, and, for instance, in very passe baby up, baby immediately ceases to thrive. It is neither confortable nor edifying to have to sit or lie down all of the time. One likes to be noticed for perhaps a half hour a day, and put through the motions of moving and being alive. a day, and put through the motions of moving and being allye.

Don't follow silly rules about your baby. If you need advice about rlain ordinary baby raising, with a little bit of guiding, and a little bit of the salt of common sense thrown in for good measure, with lots of needed comfort for the baby resulting, just ask it from the mother of five or six. Don't expect to get it from such a soulless thing as a book.

On With the Dance Now you may get an absolutely authoritative

rendition of the finest dance music ever produced. The Victrola gives it in satisfying time. The newest of the Castles' dances are now on our shelves. With the Victrola or Columbia Grafonola they infallibly guide you and greatly improve your dancing.

Hugo Worch, Your Own Terms. 1110 G N.W.

-is easily mastered if you use VICTOR Records for your music. In fact, all of the popular dances can be readily learned the VIC-TOR way, for these records are adjusted to the exactly correct tempo.

A Full Assortment of Victor Dance Records and Victrolas

can always be found here. These records can be played on any standard machine.

E. F. DROOP & SONS CO., 1300 G Street N. W.

The Problem of That Sunday Night Supper By MRS. CHRISTINE FREDERICK.

Peter's Adventures in Matrimony

D ERHAPS no meal in the entire week has such pecullar qualities as the Sunday night supper. On week days there a continuous procession of regular, staid dinners, of definite courses, set in the routine way. There is frequently, too, the chance that the week day evening meal will be hurried or delayed because of a conkested subway, or that fatal man from out-of-town, who kept your husband at the last moment. But Sunday night is frequently and delightfully the maid's n'ght off, the family is alone by itself, or there are a few guests in the most inti-mate, leisurely way. The good Sunday dinner was appreciatively stow-ed away, and no definite time has been set for that slight refreshment the Sunday night supper calls to mind. If we feel like eating at 7, or if hunger does not approach un-

til 9. no matter. The Sunday night supper is a variable feat. It can be set according to our appetites. It also violates all canons of "courses." It is different, odd. Piquant, and—most castly served. Indeed the chief virtue of the Sun day night supper should be its easy service. All silver and china can be asranged beforehand on a commodification tray. If there is to be a liet beverage like cocos, coffee, or louillon, one of the vacuum bottles can be impressed into service so that there need be no delay over this 'tem at the last moment.

of Fourse, the chafing dish and small table cooking equipment lend themselves excellently to the Sunday night supper. The main dish indeed, can galerge chafing-dishward just

when desired. There need be no unpleasant rising from the table, no depriving the family of her presence, because the hostess must serve from the kitchen. This repast lends itself particularly to a self-service plan, and thus gains in intimacy and

creation sense. And then when some-

All of the ordinary roast, fry, and All of the ordinary roast, fry, and boil are outre in this repast. The main dish should be particularly appetizing and literally as well as figuratively have "pep," in the language of the day. Eggs, shirred, pleated, gathered, and tucked, with garnishings of pimento, bacon, sardines, and tomato sauce make toothseme tidbits. Sandwiches of all kinds. some tidbits. Sandwiches of all kinds

some tidbits. Sandwiches of all kinds can be prepared in advance and save space on the table. Some sort of preserved fruit or a salad instead, with just a snack of cake, cookie or tart—and that is all.

Paper plates and napkins offer their services to the Sunday night hostess. Most attractive decorated sets come for a few cents, and after adding their touch of color to the adding their touch of color to the meal, can be cheerfully dropped into the waste receptacle, leaving nothing but the silver and a cup or two to wash. Here is a suggestion of two for next Sunday night: Oyster and bacon colls

Toasted Cheese sandwiches
Hot bouillon Canned strawberries Sunshine cake Kidne's and mineed ham Sardine and pimento sandwiches

Hot coffee Orange gelatine Fruit bars Anchovy deviled eggs

Toas d water crackers and cream Preserved ginger
Hot cocoa, whipped cream
Copyright by Newspaper Feature Ser

GIRLS! LOTS OF BEAUTIFUL, GLOSSY HAIR! NO MORE DANDRUFF—25 CENT DANDERINE

cation of Danierine you cannot find a single trace of dandruff or falling hair and your scalp will not itch, but what

Hair coming out? If dry, the beauty of your han. No difference how dull, faded, brittle and scraggy, must moisten a cloth with Danderine and carefully draw it through your hair, taking one small strand at a time. The effect is a making—your hair will be light, fluffy, and wavy, and have an appearance of abundance; an incomparable lustre of Danderine you cannot find a comparable lustre. Get a 25 cent bettle of Knowlton's candering from any drug store or and your scalp will not litch, but what tolet counter, and prove that your nam weeks' use, when you see new hair, fine and downy at first—yes—but really new nair—growing all over the scalp.

I tolet counter, and prove that your nam is as pretty and soft as nny—that it has been neglected or injured by carejess treatment—that's all—you surely can have beautiful hair and lots of it if you have beautiful hair and lots of it if you have beautiful hair and lots of it if you have beautiful hair and lots.